

## Portion Sizes and School-Age Children

# Create the Team

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There are many organizations and individuals who are concerned about the health of students. Contact local groups and tell them you are working to provide healthful portion size options in schools. Tell them you need their help. Offer to give a presentation - use the PowerPoint presentation and other resources provided with this kit - to explain your concerns about healthy choices in schools. Use the following list to help you identify potential partners in your community who may be interested in portion sizes in schools.

### People and Organizations to Consider for your Team

- American Cancer Society
- American Heart Association
- American Red Cross
- Athletic Coaches
- County Commissioners
- Boys' and Girls' Clubs
- Boy and Girl Scouts
- Civic Organizations such as Rotary, Kiwanis or Lions' Club
- Councils for City Government
- Dentists
- Dietitians
- Faith-based Organizations
- Health Promotion Coordinators
- Healthy Carolinians Partnerships
- Hospitals
- Local Physical Activity and Nutrition Coalitions (LPAN)
- NC Cardiovascular Health (CVH) Regional Coordinators
- NC Cooperative Extension Agents
- Parents
- Pediatricians
- Principals
- Parent Teacher Associations
- Public Health Nutritionists
- School-based Health Centers
- School Board Members
- School Cafeteria Managers
- School Child Nutrition Directors
- School Counselors
- School Health Advisory Councils
- School Nurses
- Southeast United Dairy Industry Association (SUDIA)
- Students and Student Councils
- Superintendents
- Teachers
- Winner's Circle Coalitions
- YMCAs and YWCAs